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## Klipsun Magazine, 1992, Volume 29, Issue 02 - January

Sara Bynum  
*Western Washington University*

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# *KLIPSUN*

Western Washington University  
January 1992



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# KLIPSUN

Western Washington University  
January 1992

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Cover photo by Matt Hulbert

*John Hudson, Western underwater hockey player.*

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by Eric Anderson

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# HOME BREW

## The Opportunity to Create Your Own Beer

By Suzi Zobrist

The tingle of the carbon dioxide fills the nose and the sweet smell of hops emanates out of the brownish-amber liquid. The palate, accustomed to the light, sweet beer served at most taverns, almost cringes as the bitter broth slides by. The richness and full-bodied flavor resembles good domestic beer, but it was made by hand in the home of a Western Washington University student.

Many Western students are beginning to brew their own beer. With a taste like Red Hook Ale or Ballard Bitter and a price of about 23 cents per 12-ounce bottle, homemade brew makes a good, cheap alternative to tavern beer.

"I started homebrewing because I wanted to get a good beer I could afford to drink," said Garth Simpson, senior.

Homebrewing is fairly easy and inexpensive after the initial purchase of a homebrewing kit. A homebrewers kit, which can be purchased locally at Bullie's Beer Emporium Shoppe in Sunset Square for \$57.75, comes complete with the basic equipment needed to begin brewing beer. This includes a 25-gallon primary fermenter, a five-gallon glass bottle called a carboy, a hydrometer, an airlock stopper, corn sugar, a siphon assembly, bottle cappers, a homebrewing book and bottle caps. Homebrewing supplies can

also be purchased at Lyn Blu Vineyards or by mail order.

The brewing process is basic for all beer, said Tony Wickham, manager of Bullie's Beer Emporium Shoppe. All you need is water, barley, hops and yeast.

The easiest way to homebrew is to buy a malt extract kit which already has the barley, hops and a package of yeast prepared for brewing. All you need to add is water and corn sugar. An extract kit costs about \$11.50, Wickham said.

Another option is to buy a malt extract which is simply the prepared barley. The homebrewer would then need to add the hops, yeast and corn sugar.

Breweries make malt extracts just for homebrewing and Bullie's sells many different varieties, many which are imported from England and Australia.

Many homebrewers also chose to add additional hops and barley to their brew to change and alter the taste of the final product.

"Once you start (homebrewing) it's so wide open there's no way you can cover all the variations," Wickham said.

To begin your homebrew with



Michael Smith (left) and Garth Simpson brew their own beer at home.

a malt extract kit, boil the extract with one gallon of water for 15 to 30 minutes. Put the boiled mixture, called wort, into the primary fermenter and then add cold water up to the five-gallon mark. When the wort reaches room temperature, add the yeast. The yeast will begin multiplying as it reacts with the sugar in the malt mixture and forms alcohol and carbon dioxide.

You then cover the wort and put an airlock stopper on. The stopper allows the carbon dioxide inside the fermenter to be released but keeps the contaminated outside air out.

The wort stays in the primary fermenter for about five to seven days, at which time it continues to form alcohol and carbon dioxide. When the activity of the yeast begins to slow down, which is evident by how much foam is collecting on



the top of the wort and by the rising bubbles from the carbon dioxide, it's time to move the mixture into the glass carboy.

A layer of yeast sediment will form in the bottom of the fermenter, the homebrewer then siphons the mixture into the carboy. The carboy is then capped off with the airlock stopper and allowed to sit and slowly ferment further for another week.

At the end of the second week, the beer is now ready to be bottled. Siphon the beer back into the primary fermenter and add about three-quarters of a cup of dissolved corn sugar to the mixture. This small amount of sugar will reactivate the yeast and form the carbon dioxide we are familiar with when we open a beer. The mixture is then put into bottles and capped-off.

"With a little practice anyone can duplicate what you can buy in the store and it can be better than most of the domestic beers," Wickham said.

A homebrewing kit makes five gallons of beer at a time, which is about 50 12-ounce bottles. It takes about two weeks for the beer-making process to be completed, but the beer reaches its peak of quality with age. Wickham said it is better to let the finished beer sit for two to three months before indulging.

Western students Paul Pittman and Paul Thackray, a team of homebrewers, anxious to taste the fruit of their efforts, found the waiting difficult.

"You have to have a lot of patience. We tried not to rush the process," said Thackray, a senior majoring in visual communications.

Pittman and Thackray described their finished product as a cross between Full Sail Ale and Ballard Bitter.

"Brewing your own beer is nice. You get something that is comparable to Full Sail, which is expensive, and you get two cases. It's defi-

nitely worth it," Thackray said.

"It cost about \$10 a case to make, which is about how much Bud Light costs on sale and it's a lot better than Bud Light," said Pittman, senior, marine biology major.

Pittman and Thackray got into homebrewing because of their friends Garth Simpson and Michael Smith, who began brewing their own beer this summer after Simpson returned from a nine-month stay in Germany. After drinking German beer, Simpson said he acquired a taste for better beer and decided to start making his own.

Simpson and Smith purchased a homebrewer's kit and have made somewhere between 10 and 15 batches since.

"You learn through trial and error," Simpson said. "We made a lot of stupid mistakes. It takes a while to know what you can and cannot do."

Simpson said many things can go wrong with brewing up a small batch of beer. If the equipment is not kept sanitary, he said, it will ruin the batch. Because he and Smith did not clean their equipment well their first two attempts, they ended up with beer that tasted like bleach. Smith said they had to pour it out.

Len Kerr, president of the Whatcom County Homebrewers Club, said slow fermentation can also cause a batch to go bad. If the yeast takes a long time to react to the malt sugar, there is a greater chance for a bad batch, he said.

Kerr, who has been brewing beer for about a year and a half, started a homebrewers club six months ago. The group of half dozen members meets once a month to discuss the finer points of homebrewing and to sample each others beer.

Kerr said it is impor-

tant to keep close records on what you do while brewing the beer so that it can be duplicated again or given to friends to try on their own.

Simpson said it helps if you know what makes beer taste the way it does. He said oftentimes you may not like a beer, but can't explain why. Simpson said he does like Cascade hops, which are used in Ballard Bitter and Red Hook, and uses them in his homebrew.

Smith said drinking homebrew gives you a great satisfaction because you made it, although it doesn't always taste the best. He said domestic beer isn't all that good either.

"The more you do, the better you get and the more friends you acquire," Wickham said.

Thackray said he and Pittman got tired of drinking the usual brew and thought it would be fun to make their own. They borrowed some equipment from Smith and Simpson and just finished their first batch. It turned out so well, they are planning on starting a new batch right away, but not before celebrating their success with a beer-tasting party.



Photo by John Ketcham

Tony Wickham, manager of Bullie's Beer and Emporium Shoppe, presents home kits.



# THE TRAGEDY OF BELLINGHAM BAY.

## Pollution in the Bay

By Chris von Seggern

Photos by Eric Anderson

Whether we realize it or not, Bellingham Bay is an important part of the lives of Bellingham residents. We swim in it, boat on it, fish in it and some of us even live right on the Bay. Without the bay, the city of Bellingham might not even be here.

Unfortunately, we aren't as kind to the bay as it has been to us. For years, Bellingham Bay has been a dumping ground for our industrial wastes, sewage and just about anything else we don't want.

Storm runoff from our streets carries lead, arsenic and a wide variety of other toxic substances into the local creeks and streams and eventually ends up in Bellingham Bay. A recent study by the Washington Department of Ecology (DOE) identified four major problem areas within the bay for chemical contamination and a larger potential problem area which consists of most of the inner bay.

Bad as the problems may appear, they aren't irreversible. Among other efforts, Bellingham Bay is the focus of a DOE program known as the Bellingham Bay Action Program (BBAP). The BBAP is one of seven urban bay action programs administered by the DOE around Washington to address the problem of pollution in our state's urban waterways. Other areas addressed by similar programs include Tacoma's Commencement Bay and Lake Union in Seattle.

Initiated in 1988, the BBAP attempts to curtail pollution in the bay through a cooperative approach, working with businesses and local groups instead of utilizing an enforcement approach. Program coordinator Lucille Pebles characterizes the program's efforts as a voluntary interaction between the state and local community.

Jackie Peyton has a different opinion about the DOE approach. Peyton is the project coordinator for Puget Sounders, a local environmental-action group. She suggests that a more enforcement-oriented approach may be necessary to get results.

"I don't think [DOE] wants to take the time and money to hire the lawyers," Peyton said. Puget Sounders is in the process of securing a grant from the state to help educate area residents about their relationship with the bay and the other local ecosystems.

Opinions differ about how to tackle the problem of water pollution, but all concerned agree that the problem is real and needs to be addressed.

Chemical and bacterial contamination of bay waters and sediments have drastically affected populations of marine life in some parts of the bay. In the worst areas, such as Whatcom Creek Waterway near the Georgia-Pacific facility, there is little or no life on the bottom. A study completed by the DOE in 1979-80 found the sediments near Georgia-Pacific to be entirely devoid of any life except for a few bloodworms.

Although improvements completed by Georgia-Pacific later in 1979 drastically reduced the amount of pollutants that company dumps into the bay, the area is still heavily contaminated. Contamination from this and other sources has also led to areas being closed to commercial fishing, affecting the livelihoods of those who make their living off of the water.

John Andersen, Georgia-Pacific's environmental control di-



*Sludge by Bellingham Bay.*









Photo by Eric Anderson

Anyone who lives in the north campus residence halls is familiar with the sight of the large secondary-treatment lagoon Georgia-Pacific operates on the bay. Completed in 1979, the purpose of the lagoon is to circulate Georgia-Pacific's wastewater stream for about a week and provide constant aeration, in order to bring the oxygen concentration up to acceptable levels. Andersen estimates that the secondary-treatment system brings the oxygen level to about 85% or more of normal.

In addition to industry, other sources are contributing to the pollution in bay waters. An-

rector, said Georgia-Pacific still causes some pollution in the waterway, but contends the facility's effluent discharge is tightly controlled and kept within state standards.

"I'm not going to sit here and tell you it's great news, but it's not all bad. Our obligation is to meet the conditions of our wastewater discharge permit," Andersen said. Georgia-Pacific operates under a National Pollutant Discharge Elimination System (NPDES) permit, which allows for certain levels of toxic substances to be discharged. Georgia-Pacific monitors their wastewater stream for oxygen level, suspended solid materials, pH, and mercury levels, among other materials. Compliance with state and national regulations is enforced through submission of daily test results, quarterly toxicity tests and announced or unannounced inspections by the state.

other major problem is human sewage. The emergency overflow system at Bellingham's Post Point sewage treatment plant dumps raw sewage into the bay south of town. Although this happens less than once a year, it introduces large amounts of harmful bacteria into the water, which are then carried throughout the bay by currents. Buildup of fecal coliform bacteria, which is measured as an indicator for other types of bacteria, has led to the closure of commercial shellfish beds in the bay.

The third major identified source of pollution in the bay is storm runoff. In an undeveloped area, rainwater soaks into the ground and enters the local water table. When large amounts of rain fall on an urban area, instead of soaking into the ground, the water runs off the paved streets into storm drains, carrying oil, metals and other

toxics with it. These storm drains empty either directly into the bay or into stream and rivers, which in turn empty into the bay.

"Anywhere you have an impervious surface, the water ends up in the bay sooner or later," Pebles said. The storm drainage problem is compounded by area residents pouring old antifreeze, motor oil, paint, and other chemicals into storm drains instead of disposing of them properly.

It isn't known exactly how much of which pollutants come from which source. Huxley College professor Bert Webber is a member of the citizens' advisory committee to the BBAP, a group which works with the state and community to help determine program policy. Webber points to large deposits of zinc found near the mouth of Squalicum Creek, the source of which is unknown. Part of the function of the BBAP is to locate unidentified sources or pollutants so that they may be eliminated.

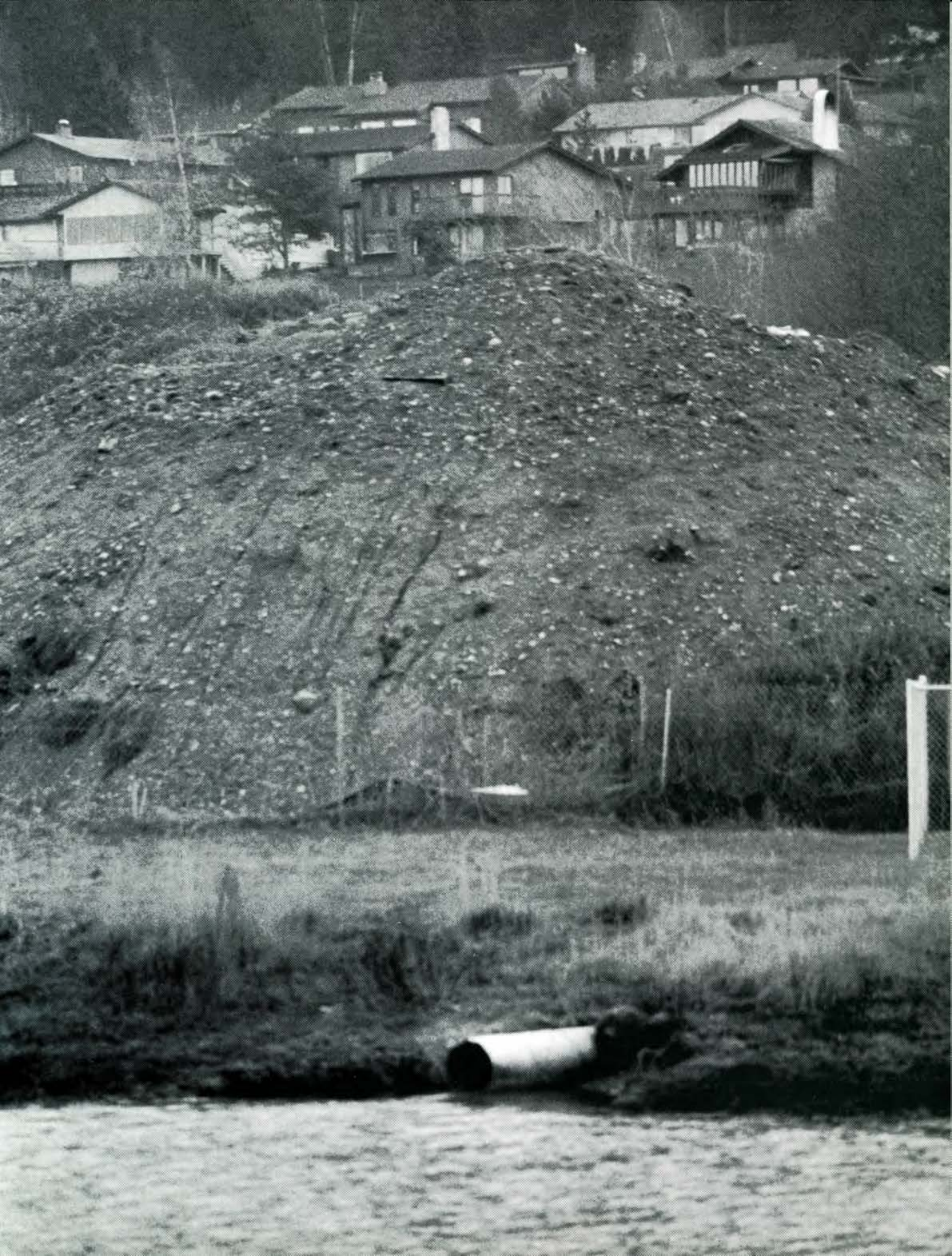
Bellingham Bay has pollution problems, but it may not be too late to turn the tide of chemical and biological contamination in our local waterways. Programs such as the BBAP, combining state and federal resources with efforts on the local and individual level, can do much to clean up Bellingham Bay and restore it to its original condition.

Webber adds that individuals need to get involved in learning about how their community deals with environmental issues and handling hazardous chemicals. "It's responsibility for learning about how the place you live in handles these affairs," Webber said.

Household hazardous wastes such as paints, solvents, cleaners, waste oil, antifreeze and the like can be disposed of, but must be disposed of properly.

A facility for dumping these wastes is located in Bellingham. For location and hours of operation, call 676-6850 or the county number, 380-4640.







*Jerry Farrel (left) and John Hudson come to the surface for a quick breath.*





# The Snarfile Slap Shot

## Westerns underwater hockey



Illustration by Sean McWhinny

By Lyle Crouse

The player only hears the consistent tapping of hockey sticks on the playing surface...she only feels her burning lungs, desperate for air.

Air may suddenly seem unimportant as she steals the puck and advances on the opposition's goal. And when the only defender in sight leaves the play to get a breath of air, a goal seems certain.

Goals don't come easy in this sport. Just as the player gets ready to flick the puck into the goal, another defender descends from above and steals it back.

Welcome to the world of underwater hockey.

"You can't really diagram it or bring a booklet that explains (underwater) hockey, because it's like

nothing you've ever done before," said Tracy Tuzzolino, 23, president of the Underwater Hockey Club at Western Washington University.

The club, made up of Western students, graduates and Bellingham community members, gathers in the Carver Gym pool on Friday nights and Sunday mornings. The club also competes in tournaments, and some players compete in Seattle on Thursday and in Vancouver on Saturday.

Although the Underwater Hockey Club has existed at Western for more than a decade, students still aren't very familiar with the sport.

"They just naturally assume we're going to play ice hockey," said club member Jerry Farrell, 24, a

computer science major.

"I can see why they get confused," said Tracy Tuzzolino, 23, an engineering student. "You don't really picture hockey underwater."

People may find it difficult to imagine what goes on at one of the 30-minute games unless they see it. Players put on their snorkels, masks and flippers, and pass the 3-pound puck along the bottom of a pool with hand-held, 14-inch hockey sticks.

The goal is a narrow pan, measuring three meters in length. But getting to the goal is a real chore, because the players surround the puck like a group of starving piranhas.

In underwater hockey, when a player goes to the surface for air,



his or her teammates are briefly left shorthanded.

"If you need a breath, you go to the top and you're out of the play," said James Luce, 38, who works for the Parks and Recreation

beating their friendly rival Vancouver, but lost to San Francisco's "Club Puck" in the championship game.

The SeaHammers men's, women's and mixed teams usually travel to at least four tournaments a year, and attend two annual tournaments in British Columbia (Victoria and Simon Fraser college) and the nationals and the P.C.C.

The SeaHammers will participate in the 1992 national tournament, held March 13 to 15 in Florida. It will be Luce's sixth trip to nationals.

Although the United States has a national tournament, the sport is still relatively unknown here. In other countries, it is much more popular.

Luce said one of the world leaders in underwater hockey is England, where the sport was invented in the late 1940s as a means of training military divers and swimmers.

Other nations are also in love with the sport.

"It's in the high schools in New Zealand and Australia," Farrell said. "It seems the United States is the last country to get (underwater) hockey."

Members of the Underwater Hockey Club are always trying to spread the word about their sport, in hopes of attracting new members.

"We always want new players," Farrell said. "This is a sport that's so new, we're constantly trying to let people know about us."

Friday night sessions are geared toward the beginning players, with practices that are more relaxed so the new people can learn without being intimidated, Tuzzolino said.

Once a beginner shows enough progress, Tuzzolino said her or she will be ready for the Sunday morning competitions.

The game is aggressive, but beginners don't need to worry about the combative, fighting mentality of ice hockey.

"The spirit of the game is, you don't try to hurt people," Luce said.



Illustration by Sean McWhinny

Department. "In football and soccer, you can breathe and hold your position."

Opponents also defend you from every imaginable direction, Tuzzolino said. In ice hockey and all other team sports, the player must be aware of where opponents are in front, behind, and of him or her.

"It's also a sport that's played in almost complete silence," said Tuzzolino.

When a player scores a goal, the silence is unbroken. although no cheering fans are heard, the fans can be seen quite easily, as they are often in the water with the players. The fans put on masks and snorkels, and float either in the out of bounds area or along the side of the pool.

The SeaHammers, the tournament team consisting of players from Western's Underwater Hockey Club and Seattle, took part in the annual Pacific Coast Championships in Vancouver, Nov. eight to 10. Luce said the fans weren't allowed to get in the pool, so they sat along side the pool and stuck their heads in the water so they could watch.

The SeaHammers men's team took second place at the P.C.C.



Western underwater hockey players in action.

Photo by Matt Hulbert



I just wanted to really forget it, because I felt like it was my fault. Rape didn't even enter my mind at that point," Anne\* (name has been changed) said.

Anne, currently a student at Western Washington University, was raped when she was 17, while visiting a guy she'd been dating for two weeks.

She said no, but he wouldn't stop. "I cried all the way through it and it didn't seem to phase him at all. I guess I thought, now that I started it, it must be my fault," Anne said slowly.

Afterwards she blocked the incident out of her mind.

Anne was date raped. In Washington state rape is defined as,

"sexual contact between persons without consent (in any form: penetration of vagina, anus or mouth; by an object or sex organs; either sex can be victim or perpetrator."

According to a brochure produced by the American College Health Association (ACHA), acquaintance or date rape is, "forced, manipulated or coerced sexual intercourse by a friend, date or acquaintance. . . Studies show that acquaintance rape occurs more frequently among college students,

particularly freshmen, than in any other age group."

The ACHA also reported the findings of a survey where one in two college students reported being the victim of some form of sexual aggression. One in four women were the victims of rape or attempted rape, and 84 percent of their assailants were dating partners or acquaintances.

Mary P. Koss, a psy-

we believe them to be.

Of all age groups, college students are the most vulnerable to rape. In their book, "Sexual Assault on Campus: What Colleges Can Do," Aileen Adams and Gail Abarbanel write, "nationally, the majority of reported victims and offenders are of college age, with the rate of rape victimization highest among 16- to 19-year-olds. The second highest victimization rate is experienced by women between 20 and 24 years of age."

## Yes, date rape is

# RAPE

By Lori Corso



Photo illustration by Tyler Anderson

chologist at Kent State University, conducted a scientific study of acquaintance rape on 32 college campuses. Koss concluded that 57 percent of the rapes occurred on dates.

Despite these statistics, much of the faculty, staff and students at many colleges and universities today are under the impression that rape is a rare occurrence on their campus. This isn't true. Colleges aren't the safe the safe haven

Why are college students so at risk? The college environment is one factor. Students are living away from home with new found freedoms such as drinking, using drugs or partying. In fact, 70 percent of all date rapes involve alcohol or drugs.

"I personally have not dealt with a case of acquaintance rape that did not involve alcohol," said Robyn Rogers, assistant coordinator of Western's Sexual Awareness Center.

Alcohol coupled with the ste-





Photo illustration by Tyler Anderson

reotypes or gender roles of males and females, for example, (the man is usually the instigator of sexual contact and the woman's role is to regulate it, or a woman's 'no' is often interpreted by a man as really meaning 'yes.')

"These factors combined (Alcohol and gender roles) create an environment that is just ripe for rape," said Pat Fabiano, the Wellness Consultant at Western.

Most rapes on campus don't occur on a dark pathway at night; and the attacker usually doesn't spring from the bushes. Instead, most campus rapes happen in the residence halls or at fraternity parties.

"Until something gets a name in our culture nobody can realize its existence. I think acquaintance rape has always been with us," Fabiano said.

Many incidents of date or acquaintance rape go unreported because victims of sexual coercion are often times reluctant to label their experience as rape. The national average statistic is 73 percent of victims who do not identify the sexual coercion or assault against them as

rape. Many believe it was their fault in some way. They are overwhelmed with guilt or shame.

At first, Anne wasn't sure if what happened to her was rape.

"I started rationalizing it . .

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"If I had to do it all over again I probably wouldn't report it. And it's because of the stigma that you get in society."

Anne\*

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. Like, 'well, it wasn't really my fault.' And I should realize that. I felt so guilty about it afterwards. . . I was so ashamed. . . The worst of the story is that I got pregnant. I had to have an abortion, because there was no way. So that was a big thing. I had to tell the people when I was having the abortion. And I didn't want to tell anyone that I'd been raped. I was like, 'oh, it was just this guy,'" Anne said.

As a result, Anne didn't report the rape to law enforcement

officials or seek counseling.

According to Federal Bureau of Investigation (FBI) statistics, a rape is reported about once every six minutes in the United States.

In Whatcom County, Rape Relief reports six to eight rapes occurring every week. However, reported rapes constitute only a fraction of the rapes that actually occur. FBI victimization surveys estimate that 10 times as many rapes are committed as are reported.

Date rape is underreported much more than stranger rape. Still, about half of all reported rapes are acquaintance or date rapes.

In her 1987 national survey of college students, Koss found that 27.5 percent of the women had experienced a rape or attempted rape since the age of fourteen. The majority of these rapes went unreported. Only 5 percent of rape victims report their rape to the police. And 42 percent of rape victims told no one of their assault.

Anne didn't tell anyone about the rape.

"Well, I couldn't tell my mother because as a 17-year-old, she doesn't know that you are sexually active in the first place. And she's not going to be too jazzed to hear that you went to this guy's house and went in his bedroom. So I thought, 'you can't tell your mom.'"

Anne didn't report the rape to the police.

"If I had to do it all over again I probably wouldn't report it. And it's because of the stigma that you get in society. When you say, 'I was raped,' people look at you and say, 'she's just trying to get him back, or she wasn't really raped. She just regretted having sex with him and now she's trying to say it was rape. And so, for these reasons I don't think, I



myself, would report it now. Just because I wouldn't want to go through that. But I think that it's important, if you are date raped, that you report it. I wish I had the courage. Because you don't want to bring it public first of all, that you had sex with this guy in the first place. Second of all, that he forced it on you and you were a big enough idiot. And you have the prosecutors

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"Until something gets a name in our culture nobody can realize its existence. I think acquaintance rape has always been with us."

Pat Fabiano

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saying to you, 'well, did you go to his house?' 'Well, did you go to his bedroom?' 'Oh gee, what did you think you were going to do in his bedroom?'" Anne said.

Statistics aside, Western still doesn't appear to adhere to all the national college studies on date rape. A glance at the uniform crime report issued by the university police shows zero rapes on campus since 1986. The figure is zero because no forcible rapes (date, acquaintance or statutory rape are not tallied) have happened since that time.

"For it (a rape) to be reported in our annual statistics it has to be officially reported and investigated. . . The rape figures we currently include in our statistics would not be date rape, only forcible rape as defined by the FBI," said Lieutenant Dave Doughty of the university police.

"Rape Relief sends us third party reports but we can't report it because we can not investigate it. Third party reports come to us pretty sterilized to protect the victim," Doughty continued.

"The last case of an actual forcible rape that I can actually re-

call was in May 1974," Doughty said.

The low numbers concern Doughty, "The numbers are very low and that bothers me because I know that in actuality the numbers are much higher. By strict definition it (date rape) happens every weekend."

To increase the accuracy of the rape figures on Western's campus Rogers said, "We still need to have a rape relief center on campus. There is no office on campus designed to deal specifically with cases on campus of sexual assault. And that is a problem."

Congress is currently amending the provisions of the Higher Education Act of 1965 relating to treatment by campus officials of sexual assault victims. The Act is referred to as the "Campus Sexual Assault Victims' Bill of Rights Act of 1991."

"The 'Campus Sexual Assault Victims' Bill of Rights Act' will ensure that campus authorities treat sexual assault victims with respect, make their rights and legal options clear, and fully cooperate with them in exercising those rights," wrote Congressman Jim Ramstad, sponsor of the bill.

Currently, a task force at Western is being formed to evaluate the current services addressing sexual assault of students on Western's campus, and the possibility of developing a comprehensive program dealing with sexual assault.

C o n n i e

Copeland, Assistant Vice President for Student Affairs said, "We have some educational programming going on, but our goal is to coordinate it and make sure that we have the service resources."

Various resources for victims of sexual assault are available on Western's campus, they are: The Sexual Awareness Center, the Counseling Center, The Women's Center, The Sexual Harassment Ombudsman, Health Services and the university police.

In Whatcom County, 24-hour rape relief is available through the Whatcom County Crisis Center. The Center works closely with victims of sexual assault at Western. The Rape Relief crisis line phone numbers are 676-1175 or 384-1485.



Photo illustration by Tyler Anderson



By Jeff Flugel

**Y**ou are walking down a secluded path, on your way home from a friend's house. It is late, and the shadowy branches of the trees lining the path seem to reach for you like arms to pull you into the gloom. The dark silence makes you a little nervous, so you walk fast. You took this path because it is the shortest route back to your apartment. It's part of the campus, you think. It's safe enough.

Your friend offered to drive you home, but you laughed her off. It was a nice, moonlit night, and you've always enjoyed walking under a clear, star-filled sky. Besides, you assured her that you've walked home alone countless times before and never had any problem.

Suddenly, you hear a tearing sound in the underbrush just behind you, as if something heavy is bursting forth from its hiding place. Before you can even turn around, strong hands grab you from behind. Fingers clamp across your mouth, muffling your screams, while another limb snakes around your waist, pinning your arms to your sides.

You kick and struggle, but your assailant is much too powerful for you. Before you know it, he's pressed you to the damp ground and is on top of you, fumbling and ripping at your jeans with one hand while the other traps your flailing fists. His breath flushes over your face, hot and reeking of whiskey.

With a sharp stab of fear and disbelief, you realize you are being raped. You never thought it could happen to you...

Rape, whether it is perpetrated by a lurking, unidentified assailant, or—as is far more common—by a friend or acquaintance on a date, continues to plague our society. Recent statistics predict that one out of every six women will be victims of date rape on colleges and universities across the United States



Photo by Tyler Anderson

*Liz Taunton at a self-defense class.*

# SELF-DEFENSE

## Don't be a victim Defend yourself

this year. As terrifying as that sounds, rape is not something to be ignored. It is not going to go away.

That doesn't mean you should give in to being another statistic, or that you should live in constant fear. You can fight back. Literally. With the proper self-defense, martial arts training, you need no longer walk in fear.

Bellingham boasts a num-

ber of places where women can learn self-defense techniques—and the confidence to use them when necessary—both on and off campus. Lessons range from very practical, street-oriented defense techniques, such as karate, to “softer,” more pacifistic styles such as aikido.

No matter what style of martial art you choose, an undeniable by-product of self-defense



training is an increased level of confidence.

"It (martial arts) works to diminish your victim residence," said Debra Holmes, 37, a black belt and assistant instructor at the Aikido Peace Center on Cornwall Avenue. "A lot of women used to be kind of victimized, always put in weak and helpless roles. Martial arts training helps a woman to cultivate a bigger persona, the type of persona that refuses to give in to helplessness."

Holmes has been training for six years in aikido, a Japanese art that specializes in manipulating the energy and momentum of an attacker's body against themselves.

"Aikido is definitely self-defense—it's totally defensive," Holmes said. "There is no offensive movement, no kicking or punching. Instead, you blend with your opponent's energy and manipulate it to keep out of their way."

Aikido is a graceful and intricate art form in which it takes several years to gain proficiency. It is a style based largely on locking and throwing techniques, which are so precise and subtle that a good deal of time is required to master their execution.

"Because of the nature of the art, it does take a while to be confident in knowing that you can use it. It takes a lot of practice, but it's definitely worth the effort," Holmes said.

"The physical capabilities gained in self-defense training provide an uplifting of attitude and self-confidence that is instrumental in dispelling women's belief that they are cultural victims," said Duane Sammons, a 5th degree black belt in Gojo-ryu karate and head of

the Bellingham Academy of Self-Defense on High Street. "It teaches women to be assertive, that they don't have to accept victim roles just because they were at one time commonplace."

"The whole point of self-defense for women is not that they can expect to win a fight against a heavier, stronger man, but that they can apply the strengths, skills and techniques they've learned to interrupt an assault, to counter, block, and neutralize their attacker, so they can escape and make a plea for help," Sammons said.

Sammons, who has been teaching self-defense at the

to be open to logic or persuasion. What we teach here is what to do when the peaceful approach hasn't worked."

Sammons said he and his assistant instructors often put on heavily padded equipment that allows women students to really pound on them.

"Our style of karate is ideal for women's self-defense. It's all close in-fighting, meant for real hand-to-hand combat," Sammons said. "The techniques are all based on what to do after someone has put his hands on you."

Sammons said women should overlook the stigma that martial arts are "sticky, sweaty, male-oriented sports."

"Martial arts are great for the kind of woman who doesn't want to carry a gun, but who wants to be able to walk down a street confident that she can protect herself, with her hands or feet, if necessary," Sammons said.

Holmes said successful self-defense has to do with an increased awareness.

"Aikido makes you more centered, so you become less of a target," Holmes said. "You don't give off victim vibes. You can sense negative energy and stay away from potentially hazardous situations. Most aikidoists never have to practice what they've learned in the streets. They can feel ill intentions and either quell the problem by saying, 'Hey, knock it off!' or get out of the situation before it gets bad."

Michelle Lemaster, 21, a



Duan Sammons and his class at the Academy of Self Defense.

Academy for 20 of his 27 years in the martial arts, explains the Japanese style of Gojo-ryu as an in-fighting style that is "very street-oriented."

"There's been a rise lately in martial arts styles that try to teach a pacifistic, peaceful approach to self-defense," Sammons said. "That is certainly a laudable approach, but it is not always going to be suitable."

"Rape has been shown to be an aggressive act, more linked with violence than sex, Sammons said. "The type of people that carry out these acts are not likely

Photo by Tyler Anderson



senior history major at Western Washington University who has a first degree black belt and 8 years of experience in Shotokan karate, has taken part in seminars on women's self-defense, presented to students in residence halls on campus for the past three years. She elaborated on ways to avoid or at least minimize potentially risky situations:

"It's really just common sense advice. Always keep the door to your apartment or dorm room closed and locked. Don't leave the door open waiting for the pizza guy. Always lock your car, and check your back seat before getting in. If it's dark, always have your (car) keys ready. Avoid walking anywhere alone when it's dark. Remember that more than half of all rapes involve alcohol. If you're drinking at a party, just be aware of what's going on, and only go home with somebody you trust."

"I also encourage women to take some kind of formal self-defense training," Lemaster said. "You just can't learn enough from a brief seminar."

Many rape crisis centers stress that fighting back is not always the best method. Lemaster feels that such a decision depends upon individual situations.

"You have to use your own judgement," Lemaster said. "If you think somebody's going to kill you (if you resist), you have to make up your own mind what you're going to do."

Sammons stresses the importance of self-defense for women as a deterrent to crime.

"Every time a mugger or a rapist gets away with it, it increases the likelihood that he will keep on doing the same to other women until he is stopped," Sammons said. "But if a woman can foil such a person, get away from him or possibly hurt him enough, then maybe he will think twice before trying to attack someone else."

"I've talked to a lot of women



Photo by Gerald Reilly

*The Instructor shows some moves to Bobbie Lane (left) and Liz Taunton.*

who say, 'Well, I've never been raped. I'm 32 years old, and haven't had any problems. If it hasn't happened yet, it's not likely to,' " Sammons said. "That's not a realistic view. There's no assurance that such a person won't get raped in the next month, despite the fact that she's had no problem for the 32 years up until then. Thinking that

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"If you think somebody's going to kill you, you have to make up your own mind what you're going to do."

Michelle Lemaster

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way is just a gamble. Better be prepared for it so if it does happen, you're ready."

Think of how different the opening scenario might be for someone who had some self-defense training.

You would probably walk down the trail alert but unfrightened, and, if attacked, would be sure enough of your abilities to retaliate with force.

By learning self-defense,

you can minimize your chances of being sexually assaulted. It won't save you in every instance, but at least you will have a solid, fighting chance.

"All that counts is that you get out of the way (of your attacker)," Holmes said. "You don't need to beat up on them. Just get out of there. And don't forget you have a good, strong pair of lungs."

Lemaster believes self-defense is something women are beginning to take more seriously, as the world in which we live becomes an increasingly dangerous place. "I think more women are going to move into self-defense. They're going to have to, once they fully realize the danger. It's just not safe anymore."

Aside from the numerous places around town, self-defense classes for women are also offered through the Associated Students Women's Center and the Campus Security office. Women can also participate in the taekwondo classes offered through the P.E. department, as well as A.S. clubs such as the Judo Club and the Karate (Gojo-ryu) Club.





Photo by John Ketcham

# THE NORTHWEST COAST INDIAN TRADITION

By Becci Oxner

Legend has it Raven got things ready for people. He released the sun, made the trees, filled the rivers with fish, brought the berries and colored the birds. Raven traveled through the world, making it what it is today. His adventures are passed on in Indian folklore as episodes, like chapters of a book. Sometimes he is known as the trickster, for his deeds can be mischievous as well as helpful.

Countless legends such as the Raven myth are portrayed visually in Northwest Coast Indian art. Traditionally, the artwork has always been more than decorative. It is intricately woven into the culture, intertwining a rich spiritual heritage. Without it, the culture would not exist.

The Tlingit, Tsimshian, Haida, Kwakiutl, Nootka and Coast Salish are the groups of people who form the cultural area of the Northwest Coast Indians. Geographically, they inhabit portions of the coast, stretching from northern Washington to the Gulf of Alaska, encompassing a distance of about 1,200 miles. This area is rich with examples of Indian art, ranging from gigantic totem poles in Stanley Park, B.C. to thousands of exquisite Indian artifacts displayed in the Makah Cultural and Research Center in Neah Bay.

Locally, two examples of beautifully carved totem poles are found on either side of the entrance to the Northwest Indian College library, located on Lummi Indian Reservation. Atop each pole, a

single Raven sits with its wing outstretched toward the other, linked together through the feather touch of their wingtips. One Raven holds the moon, the other the sun. It tells us how Raven released the sun and the moon, giving us light.

Polly Hanson, library director, said the pole was carved by Master Carver Dale Jones. Through a grant, Hanson commissioned Jones to carve the poles last January.

In an effort to keep this traditional type of Indian art alive, Northwest Indian College offers carving classes. The instructor, a former pupil of Master Carver Dale Jones, is Joyce Warbus Tommy.

Carving style is developed individually, Joyce Tommy said. While apprenticing with Jones she carved a series of different items.



One of those was a mask. "With my mask, I had my own style. No matter what he did and told me, I did it different," Joyce Tommy said. Different styles can be as simple as carving thin lines or thick lines, she said.

Formerly a garage, the art department consists of two good sized rooms, filled with large tables and supplies. In one room the walls are lined with artist proofs. The proofs are drawings of owls and killer whales, distinctive by their Northwest Indian design.

In the other room, wood scraps and shavings litter the floor. Hunks of wood are stacked under the benches. Completed carvings rest on the benches. Taking center stage is a large Raven head carved from cedar. Joyce Tommy's husband, Floyd Tommy, is also enrolled in the class and creator of the Raven head.

Indian art is much more than something to hang on the wall. It normally has two characteristics - crest art and as usable art. Carvings or drawings most often are of animals or guardian spirits, indicating the social origin and rank of the owner. Tommy likened these to the code of arms concept in England. Anthropologists refer to it as crest art. The use of these crests are essential in the coastal Indian's well developed social and political system because they are a visual motif used by families to display their rank and privilege.

A high ranking chief, for example, might carry a Thunderbird crest. Wearing a Thunderbird head-dress is a visual testimony of the social role and status of the chief. Thunderbird is a prestigious gigantic eagle in Indian legend, known to some as the creator.

The second characteristic of Indian art is its usability. Berry spoons, shaker rattles, halibut hooks,

spruce hats, face masks, grease dishes and woolen leggings all incorporate intricate art designs.

Feast bowls, for example, are very functional, yet intricately carved. Among Joyce Tommy's work was such a bowl. It's oblong shape and hollowed-out center hold the food, yet the carved-out center is the middle of an intricately carved eagle.

One of the more unusual



Photo by John Ketcham

carvings found in Northwest Indian art are the Sxwayxwey masks. The masks have similar characteristics of cylinder shaped, protruding eyes and sometimes snakes carved above the eyes. Tommy said it is usually used in potlatches for a ceremonial dance.

Whether used ceremonially or for everyday, each piece fits within the cultural framework.

In recent years Northwest coast Indian art has transcended into a thriving trade art. Since the 1960s,

native art has flourished and is fully recognized in the art world.

Part of this is due to commissions from museums and private collectors.

Joyce Tommy said some of her art is beginning to be recognized. Her husband Tommy has sold pieces to private collections in California and Montana.

Richard Hunt, a more well-known Kwakiutl artist, received commissions from the British Columbia Provincial Museum located in Victoria in the early 1970s. By 1974 he became master carver of the Museum's open air Thunderbird Park,

Master carvers such as Hunt pass on their artistic skills by working with apprentices. It is common for a master carver and an apprentice to work on the same piece.

Tommy described his experience as an apprentice with Dale Jones. The most difficult part, he said, was keeping the design symmetrical. Jones would draw one side and Tommy would draw the other. Tommy said it took a long time before he got it right.

The intricate work of these designs sometimes make it difficult to identify the drawings or carvings. Common characteristics typical in the art help to identify the species. Killer whales, for example, have a striking dorsal

fin and a blow hole somewhere in the design. Beavers are identified by the large incisor teeth and a cross-hatched tail. The popular Raven usually has a long beak with a slight curve as compared to Thunderbird with its strongly curved beak. If one is unable to identify the species, specialized catalogues and books are usually available.

Besides wood, argillite is used for carving. Softer than slate with a not-quite-black hue, the consistency lends to detailed carving. In the past,



argillite pipes were a popular item with non-Indians. Today, one might find a platter or miniature totem carved from argillite. Artist Garner Moody of Skidegate, Alaska is a popular artist who specializes in argillite.

More modern techniques such as silk-screen enhance the traditional art form, adding yet another medium to Indian art. Silk-screening, along with basket weaving, is taught at the Northwest Indian College.

With the increasing demand for Indian art in the non-Indian world, a small start is being made by the non-Indian world to understand and accept the rich hereditary value in Indian people's culture.



Photo by John Ketcham

## RAVEN MYTH

### *Why salmon bones are returned to the river*

"Why Salmon Bones are Returned to the River"

Some people living in the Bella Coola region say in the beginning of time, sockeye salmon were not found in their rivers. To fill the rivers with these fish, trickster Raven decided to make some. He carved some wooden fish and threw them in the river, but they jumped just a few times and died. This prompted Raven to visit the Salmon people's village on the other side of the western ocean. He and Mouse canoed to a flat land where Salmon lived.

The beach in front of the salmon village was covered with canoes, which were really the skin of the sockeye. When the sockeye chief saw Raven he invited him to his house. Raven instructed Mouse to stay and nibble holes in all of the canoes.

Everyone sat down to eat in the chief's house. A salmon was

served to Raven which actually was the daughter of the chief. As he ate, Raven carefully examined the bones to learn what he omitted from the wooden salmon he had carved. The chief told Raven not to eat any bones, but Raven held one against the roof of his mouth.

Once the meal was over the extra food was tied in a mat for Raven to take home. Then someone took the leftover salmon bones and threw them in the river. The bones immediately turned into live fish and started swimming to shore. Suddenly, they began madly circling and jumping. Everyone agreed a bone was missing. They searched the house, but found nothing. Next they searched Raven, checking his mouth. The bone was found. Raven just said, "Oh I didn't know it was there." Thus, he decided on a new

plan.

Raven asked the chief to order his daughter to carry the bundle of food to the canoe. When she approached, Raven stepped inside, pushing the canoe farther out into the bay. The chief's daughter waded out, and Raven pushed the canoe out farther making the chief's daughter wade to waist-deep water. This is what Raven planned and he pulled her in the canoe. The salmon people tried to follow in their canoes, but they sank because of the holes Mouse chewed in them.

Raven released the chief's daughter once he returned to Bentinck Arm. Ever since then, sockeye have come to the Bella Coola River, and people are ever cautious about returning all bones to the water when they eat salmon.



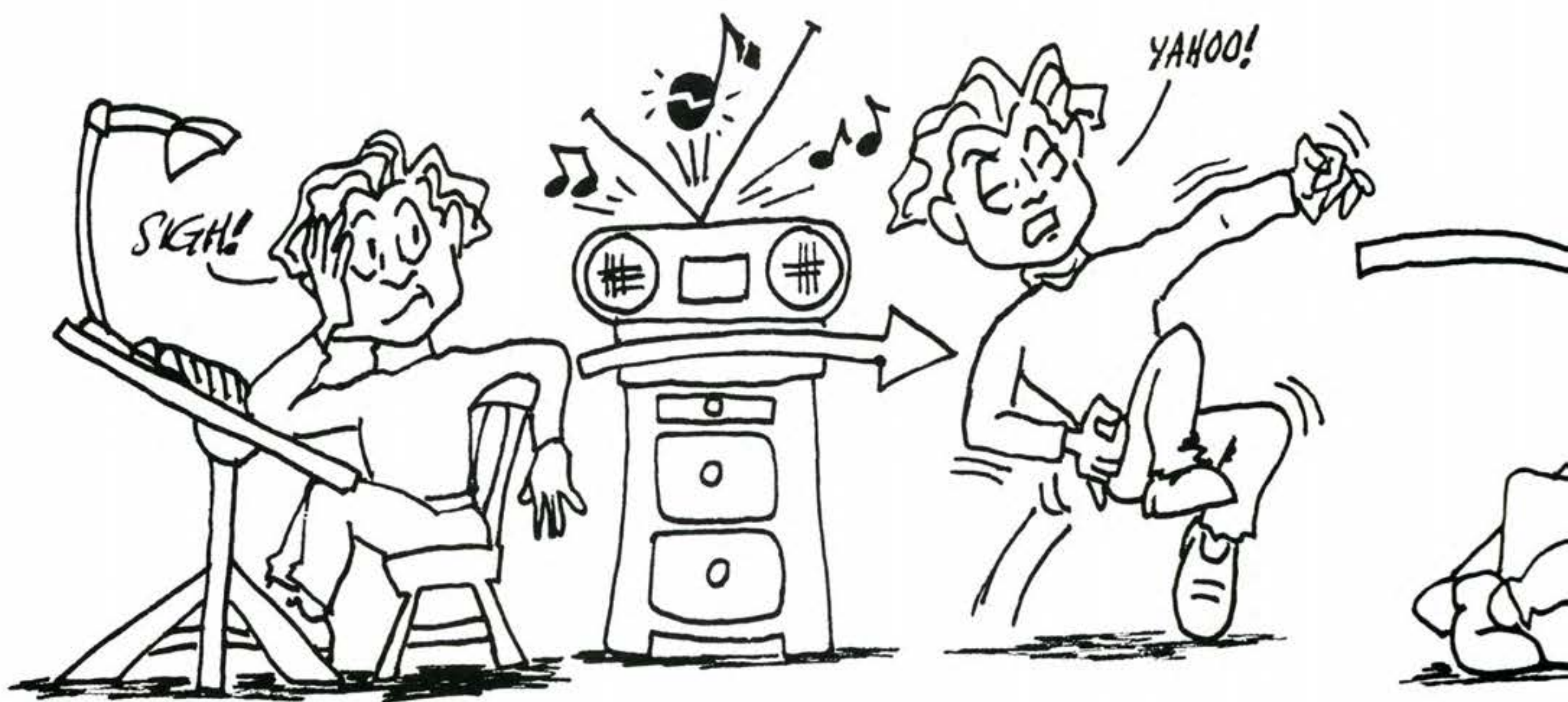


Illustration by Sean McWhinny

# THERE IS NO BETTER TIME LIKE TOMORROW

## From procrastination to organization

By Sally James

**G**eorge Harrington began studying early that afternoon. His lack of enthusiasm led him to flip on the radio. Caught up in the funky beat he soon found himself air guitaring his way through his bedroom only to fall exhausted onto the living room couch at the end of the song. His time as a rock star had exhausted him and his role as a student is once again put off

with a quick hour nap.

The nap turns into a three-hour snooze and he wakes up to an unhappy stomach garbling for food. The next hour and a half is spent eating Top Ramen and watching re-runs of "Cheers."

By 8:30 p.m. he decides it's time to get serious again. He begins writing down vocabulary words on small notecards. The words turn into a series of scribbles. One mistake and he begins shooting

tiny wads of paper into the garbage....

Activities such as these are usually categorized in one of two ways, the first being an obvious lack of concentration skills, the second being an over abundance of procrastination skills. It is this latter idea that seems to plague the masses and George, our hypothetical student, creates the stereotypical example of a student's gift for procrastination. In fact, many people assume students





are the greatest procrastinators among any other groups.

This could stem from the rebellious tendencies toward those chipper teachers you had when you were younger who always overused those familiar cliches such as "There's no better time like the present" or "Why put off until tomorrow what you can do today." Hearing such phrases from the past almost makes you feel like closing your eyes and clicking the heels of your red ruby slippers together three times.

But we must be careful when lumping students into a stereotypical role because, according to Michael King, clinical director at Western Washington University's Counseling Center, students are no better at procrastinating than any other group of people.

He said the only reason procrastination shows up so much for students is that they have more deadlines, usually non-negotiable deadlines that cannot be changed because the end of the quarter always looms ahead.

"Normal life doesn't have as many deadlines," King said. In the outside world it is easier to bargain and if that report isn't complete by 3

o'clock Friday it's most likely going to be easier to get an extension on that report then say, the three term papers you have due on Friday.

Now that we can all rest a little easier knowing that everybody, students and working people alike, have the same knack for procrastinating wouldn't it be nice to know why?

Unfortunately, King said people usually don't know why they procrastinate, that it is an automatic behavior.

"Usually there is some reason for it," King assured.

Lumping some of the more general reasons people procrastinate King divided them into five basic categories, including perfectionism which is tied with fear of failure, rebelliousness, fear of success and finally the feeling of being overwhelmed.

It is this final one that most of us can relate to. You know the kind of overwhelming feeling you get during the first day of classes when you are handed all the syllabi only to realize the enormous amount of exams, papers and presentations you will have to take, write and present by the end of the quarter.

For this King suggests a person should make a list of what needs to be done, say, from now until the end of the quarter. (e.g. three term papers, big date on Saturday, four exams, two presentations, visiting your parents etc...) Once you figured out what needs to be done, you then can put a realistic time estimate on each activity. (i.e.: 24 hours to study for each exam (not a two-hour cram session), 48 hours with parents, 20 hours for each paper etc...) Then count the time or hours you have remaining in the quarter.

By doing this King said

it is likely you will find out that you do, in fact, have enough time to complete everything. And in the unlikely situation it simply is not possible to accomplish everything in the given amount of time King said, varying with each situation, it would be best to simply cut something out. And because it is highly unlikely you will be able to cut out an exam or report, perhaps the best way to solve the dilemma is to shorten the time you plan to spend with your parents or prepare only two days in advance for that special date instead of seven.

If creating this list seems a little time consuming it may be easier to simply write things down that are due during each month of the quarter. Many people use regular sized calendars with all their test dates and due dates carefully written down. Other people carry small organizers that not only have a weekly calendar but also an address book and small note pad.



Illustration by Sean McWhinny



Others simply write down the day's activities on a scrap of paper for quick reminders. It would be wise, however, to write your list down on a piece of paper that will be easily located again. A list on the back of an Ennen's receipt or a bank machine receipt is probably not the wisest choice.

For these daily reminders King said it is important to include everything that needs to be done during a particular day. Things such as the time necessary to get ready, eat, go to classes and work should be included as well as time necessary for aerobics or visiting a friend. King said time should also be allocated for those interruptions of an unexpected friend dropping by.

It is this latter idea of being interrupted that many people forget to include simply because interruptions can usually never be predicted. To ready yourself for an interruption it may be smart to think of your surrounding environment during certain times of the day. If, for example, you plan to spend a three-hour break in the library be sure to include the likelihood of bumping into friends which may knock out 30 or 40 minutes of your time.

King said day-to-day schedules like these are for the 50 percent of those people who like to be structured. However, for those other 50 percent who may create a list, King said they will soon forget about it because they like to more spontaneous.

By creating lists people may not only learn to discipline themselves but actually become organized. Yes. Organized! A relatively foreign word to most, this could possibly be the answer to ending the habit of procrastinating.

Getting motivated to tackle a nasty project such as house cleaning may be as easy as setting 10 to 15 minutes out of each day to clean. It may come as a big surprise to see what a difference cleaning the house

for just those few minutes each day can make.

Perhaps to get motivated to study you need a little time to relax or maybe you are the type who needs to exercise for a while to release daily tension.

A note of caution: If the only way you can motivate yourself is to run five miles, swim 30 laps and bike another three miles, all followed by an hour nap, then by all means go for it. But if at 9 p.m. the night before



your big exam you are just lacing up your shoes to begin your mini-triathlon it simply isn't going to work.

By the time you return it will undoubtedly be close to midnight and your one hour snooze to refresh yourself will undoubtedly turn into an all night event, thus leaving your studying to that small 10-minute break where you walk from Miller Hall to Arntzen, madly cramming all the information from your notes into your brain.

While being organized and motivated are excellent skills to have, we must not forget the objects looming around us just waiting to taunt us into hours of procrastination.

The object may be a TV, which is undoubtedly hooked to a remote control. Forty-some odd channels at your finger tips is liable to make anybody procrastinate for several

hours at a time. We all know it is not uncommon for this small machine to suck the motivational skills right from our brain.

Suddenly Bobby and Cindy Brady getting lost in the desert and meeting up with an Indian boy that they eventually feed beans and weenies to (an episode you've seen at least a hundred times) becomes more important than studying for that silly molecular biology exam.

Be leery, too, of the radio. Even

though people usually do other things while they listen to it you could easily be swept away by some catchy tune and fall into the George-trap of air guitaring your way into total exhaustion.

Perhaps the overall drawback for the true procrastinator is this whole idea of time. It is so uncooperative. All we ask for is a little break from that relentless ticking, a chance for us to perhaps catch up on our soap operas without the feeling of guilt plaguing ur bodies.

Perhaps we should unite and create a universal clock-unplugging day where every man, woman and child of this great nation would unplug their clocks and then breathe a sigh of relief if only for a few vicarious moments. O.K. So we got a little carried away. But hey, procrastinators are allowed to dream too.



# CAMPUS FROM ANOTHER PERSPECTIVE

## Western's accessibility for students in wheelchairs

By Crystal Brockway

All I have to do is get from the front of College Hall to the gym in ten minutes for my next class. I begin to push myself down the bumpy cobblestone path toward the gym. I'm about 500 yards from where I started when I notice I'm out of breath and the back of my shirt is damp with perspiration.

As I roll up in front of the gym doors, I reach up to push the automatic door opener and then I roll back for the door to open. I roll in far enough to push the automatic door opener on the second door, backing up into the door jam of the first door, making room for the second door to open and then quickly moving forward before the first door can close on me.

After making it through the doors and down the hall to my class, I wonder how anyone in a wheelchair can make it through a whole day on campus and what physical barriers they find preventing them accessibility at Western.

I was wheelchair-bound for three days to observe, through participation, how accessible Western is to the physically disabled in wheelchairs. I realize in three days, I cannot know what it is like to be physically disabled, but through participation, I hoped to gain a better understanding of the daily frustrations facing the physically disabled on campus.

"Getting around in a wheelchair is not hard, it just requires a lot

of planning," said Brett Wolfe, when I attended a Disabled Student Organization meeting to get tips on campus wheelchair mobility before I attempted it. Wolfe is an industrial design major, who gets around campus using either a wheelchair, prosthesis or a one pedaled mountain bike.



*Automatic door openers assist physically disabled students.*

At the meeting I was told to pray it wouldn't snow and beware of wet, raised or misplaced bricks, because the elements and unsteady ground are the biggest problems of getting around in a wheelchair. Not only does the ground become slicker in the rain and snow, but you become wetter when you sit in the rain, without an umbrella, moving from building to building. I was drenched after my second day in the wheelchair.

Maynard Svor, a wheelchair-bound student said, mobility in the

rain is tricky, because the wheelchair grips are slick and you need gloves to keep control. Svor didn't find the snow earlier this year too difficult to maneuver in, because the walks were shoveled by the time he arrived on campus.

However, I was told at the DSO meeting, that years past have not been as easy to get around in the snow. In fact, a student in a wheelchair, who has since graduated, was once seen shoveling snow, from his wheelchair, all the way to his classes.

The first thing I learned in a wheelchair is how impossible it is to get into College Hall. I could never do it by myself. I had to be pushed up a short, steep hill to the backdoor, sitting in the concave dip of a manhole, filled with leaves, in front of a door that opens out. Impossible. My friend had a lot of trouble trying to keep the door open, while tipping me backward, to get the wheels out of the manhole dip and over the door ledge. I then rolled down the hallway, went through a classroom, moving desks out of my path, to get to my classroom. I had to find a place at the end of the table where there were no table legs. Going through all this for one class means I have to be on campus 25 minutes before my class. I cannot use the restroom in College Hall, because I would have to reverse the maneuvers I went through to get to my class, then go outside, to the other side of College Hall, in the back

Photo by Gerald Reilly



door, up a chairlift to the second floor, where the restroom doesn't even have a handicapped stall.

For these reasons, very few physically disabled students take classes in College Hall. Physically disabled students also have the option of trying to relocate a class to a more convenient building by contacting Disabled Student Services.

Svor said he tries to arrange his class schedule with buildings that are easily accessible. "If I don't really need a class, like an elective or something I can take later, I'll wait for the class to be in a different location, or I might not take it if it's too hard to get to," Svor said.

Svor is in a manual wheelchair and said he never wants an electric wheelchair, because he wouldn't get any exercise and they're more difficult to maneuver. Next quarter Svor will have class on the fourth floor of Old Main and ten minutes later he will need to be in the basement of Arntzen Hall. He's already spoken with his professor about being late to class, and he's decided not to ask for the class to be relocated for his sake.

Svor said, "Getting up the hill to Arntzen is not my favorite thing in the world to do."

It wasn't my favorite thing to do either. On my way to class in Arntzen, I had to have a friend push me up part of the hill or I would have never made it on time. Getting into Arntzen takes awhile too. The only automatic doors are on the north end by the coffeeshop and once again there are double doors to contend with, along with about 20 people who congregate between the doors. Then I had to get into a small elevator with two people in it.

I must agree with Svor, who

said, "I'm a little generally annoyed at people who use elevators, who don't need to. I never used elevators before I was in a wheelchair. It's not like stairs are difficult to use."

Majoring in English, Svor must often use the Humanities building to attend classes and visit professors. He said the inaccessibility is unforgivable in Humanities, because it's a fairly new building. There are no automatic doors, no eleva-

wheelchairs in that building. There is no access to restrooms in Humanities and in the library you have to deal with double door access.

When asked about restroom accessibility, Svor said, "Double doors are deadly. Double door bathrooms are the bane of my existence."

Svor was nearly trapped once between double doors in a restroom at the University of Washington.

Both doors opened the same direction and he couldn't open one door before closing the other, until he grabbed a garbage can to prop open one door for him to exit.

In other buildings, chairlifts are the only way to reach a restroom. Svor dislikes the use of chairlifts, "Stair crawlers (as he has termed them) are inconvenient for me and anyone else using the stairs. It's a slug, it's so slow and no one can get around it."

When I used my wheelchair at Bellis Fair mall, I found everything very wheelchair accessible, until I went to the restroom. I went to use the handicapped stall, with the extra wide door, at the end of the row, but could hardly get in because the door was half-way blocked by a permanent bench, placed there for weary shoppers to rest and to the inconvenience of wheelchair patrons.

On campus, I found the bookstore to be more wheelchair accessible than I had expected. There are automatic double doors, with enough space in between to move, the aisles are wide enough to move through and the elevator allows wheelchair access to all areas of the bookstore. The only problem I faced was coming out of the elevator in the basement, where boxes had been



*The view of Arntzen Hill to a physically disabled student.*

tors and the restrooms are in the basement, without lift access. The closest easily accessible restrooms are in the library.

Restroom access I found interesting in and of itself. Most restrooms on campus have a wheelchair stall available, but the problem is not the stall, it's getting to the stall. The fifth floor restrooms in Old Main are the most accessible to

Photo by Gerald Reilly



stacked in front of the elevator exit. For a brief and fleeting second I had visions of being smashed between elevator doors, until I pulled myself around the boxes.

I spoke to Bob Anderson, student co-op manager about the boxes and bookstore policy on accessibility to physically disabled. He was not aware of any problems with accessibility because he doesn't get any feedback, he said. There is no written policy in the bookstore on the physically disabled, but employees will help anyone who needs it, Anderson said. "The hardest time for wheelchairs would be rush week, but other than that I don't see where there should be any problems," Anderson said.

Wilson library does have a written policy for both learning and physically disabled students. Rick Osen, Wilson library circulation manager and coordinator for disabled student services, said the policy includes special services for book searches and providing materials that might be out of reach, as long as a request is made in advance. Osen also said there is one study carrel on each floor of the library, made for wheelchairs.

Svor, who uses the wheelchair carrels, said only one carrel of the six is marked for wheelchair use and chairs are often found in front of them. Svor said his "crusade for this quarter" has been, to get all wheelchair carrels marked for wheelchairs only.

Next quarter Svor will be trying to improve handicapped parking around campus. A general irritation he said is people who come for a few minutes and park in a handicapped spot, just waiting for someone.

Amy Webb, a physically disabled student and organizer of the DSO, said some parking spaces are designated handicapped spots, but there are no dips in the curbs to roll your wheelchair onto the sidewalk.

I went to the bookstore from

College Hall with several curb problems. Going down the sidewalk, on the east side of the street, there is a dip in front of Haggard Hall and after the library, but not on the crosswalk. On the west side of the street there is a dip at the crosswalk, and on the north side and west side of the bookstore sidewalk. Only two dips match up on both sides of the street and it's not on the crosswalk.

The Disability Access Advisory committee was created through the Center for Equal Opportunity, in an effort to evaluate and monitor access issues at Western, in terms of buildings, programs and services, said Maurice Bryan, director of Center for Equal Opportunity.

Bryan said the committee has added automatic doors, chairlifts and is currently working on creating a map of accessible areas on campus as well as making Gym D accessible to wheelchairs.

All new buildings on campus, by law, must be wheelchair accessible. The battles DSS currently fight are making the new weight room accessible and moving fall registration from Gym D to an accessible area.

Dorothy Crow, director for DSS said, "Sometimes I'd like to have people who think Western is accessible and put them in a wheelchair, so maybe they would realize

some of the problems students with physical disabilities have with getting around campus."

I would also suggest this, for anyone who wants to know what accessibility means to those who need it and to acquire a whole new perspective at Western.

Overall, I found Western to be more wheelchair accessible than originally anticipated. Elevators, chairlifts and automatic door openers are all efforts to make Western accessible to physically disabled, yet there are several more things that need to be implemented to make campus truly accessible. There should be no place out of reach to those in wheelchairs and Western has improvements to make before accomplishing this goal.



*Stairs in front of College Hall are one of many obstacles facing students in wheelchairs.*

Photo by Gerald Reilly



# GUNS ON CAMPUS?

By Stephen Arnold



Photo by Tyler Anderson

*Jack Bobin stores his gun with the University Police.*

Every September, students leaving home to move onto campus at Western Washington University pack their cars high and tight with belongings they'll need to live comfortably in the coming months.

Eventually, hundreds of coffee makers, stereos, tennis rackets, popcorn poppers, and a handful of firearms make their way to Bellingham and onto Western's campus.

While rifles, pistols and shotguns aren't on top of everyone's list of things to bring, firearms do make it to campus, most just as legally as

a bicycle or microwave oven.

Jack Bobin, a 21 year-old industrial technology major, owns a World War II vintage Enfield rifle and Smith & Wesson .38 caliber revolver, both of which he stores at the campus police office.

Bobin jokes about stereotypes people have about gun owners. "People think that because I own a firearm, I'm ready to kill at any mo-

ment. They always ask 'Do you hunt?'..... I'm not a killer, I just enjoy firearms. We need to dispel the myth of the hyperactive gunowner," he said.

While to some people shooting a gun may seem stressful, Bobin shoots to relax.

"Some people like to sew, some people like to fish, some people like to shoot," Bobin said. "There is a great responsibility associated with owning a gun... You never forget that it can take a life instantly."

Bobin said he tries to get out and shoot about twice a month, money permitting.

"I can go out and spend \$14 on a CD or I can go out shooting and have a lot more fun," Bobin said.

Because the ammunition Bobin uses is moderately expensive, an afternoon shooting can cost up to \$20.

Students who live in residence halls at Western are allowed to bring firearms to campus, but are required to store them with campus police. Though their weapons are secure, students have access to them 24 hours a day, no questions asked, providing they have picture identification and a claim check.

"I think it's a great thing the university has a storage program. The people are great, they always check serial numbers to make sure everything matches, no one else can get your firearm. It's completely safe," Bobin said.

Slingshots, paintball guns or anything else that can fire a projectile are also required to be stored with campus police.

Will Wright, 24, an environmental studies major, owns a Marlin .22 caliber rifle that he stores with the campus police. He says the stereotypes of gun owners are prevalent.

"I've never killed anything, and I don't think I ever would," Wright said. "I couldn't shoot an animal."

Wright said he never had an interest in guns until recently when he went camping with some friends who brought along small caliber rifles and some paper targets.

"I've always been against guns, really," Wright said.

Though many of Wright's friends own guns, none of them hunt. As Wright and his friends, all



armed, were driving to their location to go target shooting, a large deer crossed directly in front of them. Though they could have killed the animal, they simply sat back quietly and let the animal pass.

"As a hobby (guns), I'm not doing anything that would hurt anything. Some people collect coins, some collect guns. I don't think people know that most guns are used for target shooting," Wright said.

The caliber of a firearm denotes the size of the bullet the gun fires. A .22 caliber gun fires a bullet .22 of an inch in diameter. A .45 caliber gun fires a bullet just less than half an inch in diameter. A larger bullet is usually more powerful, more expensive and requires a larger gun.

Because Wright's rifle is a lower caliber, he can purchase several hundred rounds of ammunition for only a few dollars. "It (shooting) is very economical for a student," Wright said.

"I like showing other people how to shoot. A lot of people have a negative attitude toward guns," Bobin said. He said if people are shown the right way to use a firearm, it can be enjoyable, and not a



*Will Wright aims at his target.*

Photo by Tyler Anderson

frightening experience.

Wright believes guns have a bad reputation as a result of TV portrayals and peoples' general ignorance about guns.

"Always hearing about shootings keeps people away from guns and encourages stereotypes," Wright said.

Lt. Dave Doughty of the campus police said although students living on campus are not allowed to keep weapons in their rooms, not

too many firearms are stored in his office.

"We store mostly rifles and a few shotguns, we get an occasional handgun. We've even had a bow and arrow before," Doughty said.

While Doughty said he could not describe a "typical," student gun owner, he said many of those who store weapons in his office are hunters, noting an increase in the number of firearms coming into his office during the fall hunting seasons. Doughty said his office stores about 36 firearms each year belonging to students living in residence halls and off campus.

Wright said he encourages people interested in guns to go to a shooting range.

In addition to several privately operated gun clubs in Whatcom County, the Whatcom County Parks and Recreation Department maintains a public range just south of Bellingham on Samish Way.

Bobin said he thinks shooting is a unique hobby.

"I like being different," Bobin says. "How many people can say 'I went shooting.' Anyone can see a movie, not everyone can go shooting."



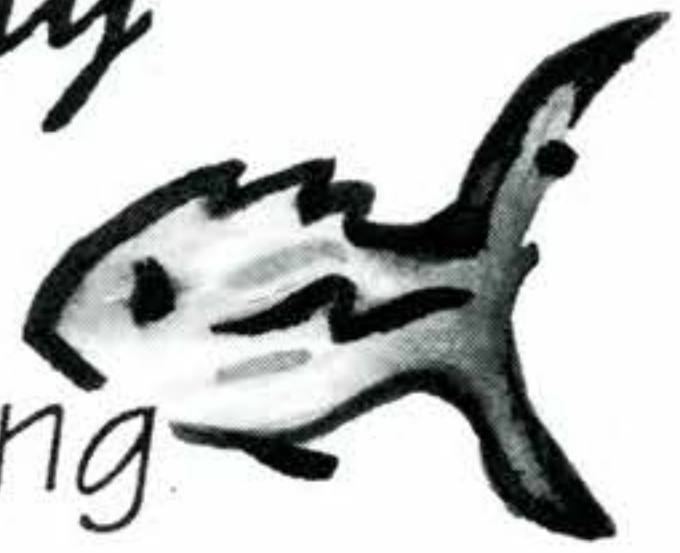
Photo by Tyler Anderson

*Wright (left) and Booth pick up their guns from the campus police.*



# Underwater Sanctuary

## Experience the world underwater by scuba diving



By Vanessa Loveland

In the green, murky water, lobsters snuggle into crevices, pockets and archways of honey-combed rock wall. A magenta-colored octopus hides in a small cave. It dangles one arm out, daring a curious spider crab to enter.

An eel threads its way through the water, chasing a school of silver-colored fish playing hide-and-seek among long strands of kelp. Their shining scales reflect specks of color and light, appearing and disappearing in a carnival-like explosion of activity.

This mixing of motion and color in the coastal waters of Bellingham can leave a person breathless with wonder and awe. A whole new world full of beauty unfolds through the lens of a scuba diving mask.

Dr. Larry Pogue, clad in a neoprene wetsuit, glides through the cool, silent water, making smooth swimming strokes with his fins. His son, Paul, lingers behind poking a small sea urchin with his finger.

A lobster senses Pogue's approach and scurries across the muddy bottom to find protection by a rock encrusted with mussels.

Blue starfish and thatched barnacles cling to rocks nearby while pipefish hide in a seaweed garden sprouting sea cucumbers, yellow sponges and white plumes.

This liquid environment is a sanctuary for the Pogues; the se-

renity, the peace are unsurpassed. For a few hours they don scuba gear and escape the hectic and sometimes cruel times they experience in daily life, by exploring the underwater world's magic and mystery.

"Unless you have ever dived, you don't know the sheer beauty which lies underwater here," Pogue said.

Pogue's son, Paul, who is majoring in political science at Western Washington University, and his dad find different, yet always fascinating, plant, shell and animal life each time they dive.

The type of fish the Pogues frequently see include flounder, rockfish, lingcod and poacher. Paul says these fish found in Bellingham's coastal waters are distinct in a couple of different ways from those found in tropical waters.

"Every fish here is either brown or silver-colored and not very attractive," Paul said. "The fish over in Hawaii are brightly-colored, smaller and prettier."

Scuba diving in cooler waters off the coast of Bellingham gave Pogue the opportunity to see Orca whales, sea otters and 5-foot-long dogfish.

"I've never been scared of them, they've never hurt me," Pogue said. "They're scared of you so they swim away."



Photo by John Ketcham

*Dave Long of Washington Divers Inc.*

Pogue did get scared one time scuba diving, when he and his buddy swam over a lush, green jungle of kelp. Suddenly the kelp's long green strands, swirling in the water, wrapped themselves around the arms and legs of Pogue's buddy.

Thinking quickly, Pogue grabbed his knife. Using it like a sickle, he began cutting down the kelp.

Fragments of kelp floated around him, building up gradually with every cut. Pogue didn't stop. Finally after 45 minutes, his buddy was free.

Had Pogue not been there to cut him out of the kelp, his friend



could have died.

Scuba diving with another person, a buddy, is a basic rule of scuba diving, which the Pogues learned 11 years ago in scuba diving school.

"My diving instructor said over and over to never dive alone, so that you're not alone if you have an accident or run out of air or run into a life-threatening situation," Paul said.

Paul said he always carries a knife with him, too, for safety reasons as well as for prying open shells. Curious about the animals inside, he opens shells such as scallops, clams and mussels to examine the soft invertebrate inside.

"If you want to get inside the shell you can use the knife as a hammer or as a prybar to open the shell," Paul said.

Paul said he finds some of the most unusual shells in his favorite scuba diving spot, off the coast of Larrabee State Park.

"I like it because it's an enclosed area, so you don't have to worry about the tide coming in," Paul said. "There is also a lot more sea life than up north by the city."

The tide has a lot to do with how murky the water is. If the tide is going out or coming in, mud, sand and kelp waver around, making the water murky. If the tide is stabilized, the water is much clearer.

Pogue said summer is the time of the year when the water is most murky.

"Kelp, algae and other vegetation grow real fast in the summer more than any other time of the year, because the summer sun's rays can filter down deeper," Pogue said.

Another factor affecting the murkiness of the water is how far you are out from the shore. "The further you venture out in the water, the clearer the water gets," said Paul.

However, Paul said even though the water is clearer farther out, there tends not to be as much

sea life.

Dave Long, who teaches scuba diving at Washington Divers Inc., in Bellingham, said a great place to go diving is Keystone, on the west side of Whidbey Island.

"There isn't a tremendous amount of sea life in Bellingham Bay, but there is off of Whidbey,"



*Long jumps into the water to scuba dive.*

Long said.

Long takes his scuba diving class to Keystone for their last dive to complete their scuba diving program.

Larry Elsevier, owner of Bellingham Dive 'n Travel, takes his scuba diving classes to Keystone as well.

"An underwater marine center is there which has abundant fish and plant life," Elsevier.

Paul Pogue said the initial cost of scuba diving, classes and scuba equipment is expensive. After that, all you pay for is air to fill the tanks, which is inexpensive.

"Like all hobbies, there is a cost," said Paul.

Between each three week class session at Washington Divers, Inc., a splash party is held in their pool to orient people with scuba diving and scuba diving equipment.

"It's a fun way to introduce

scuba diving to people who aren't sure what it is all about," said Long.

Even though scuba diving is an expensive hobby, exploring the underwater world's beauty is priceless. Scuba diving is a great way to explore the rich shell, plant and animal life in the coastal waters off Bellingham.

Photo by John Ketcham

For information call Washington Divers Inc., 903 N. State St., at 676-8029 or Bellingham Dive 'n Travel, 2720 W. Maplewood, at 734-1770.

Bellingham Dive 'n Travel, through Western's Outdoor Equipment Rental Center, offers a three week scuba diving program for \$195 to Western students.

The program costs \$295 not including diving equipment. The equipment needed, including mask, snorkel, wetsuit, fins and tanks, must be furnished by the student.

Elsevier said if Bellingham Dive 'n Travel offers classes again through Western, they will start a few weeks after winter quarter begins.

At Washington Divers Inc., the average cost of full equipment, including classes runs from \$1,500 to \$2,000. The classes last three weeks. The interim splash party costs \$25.



